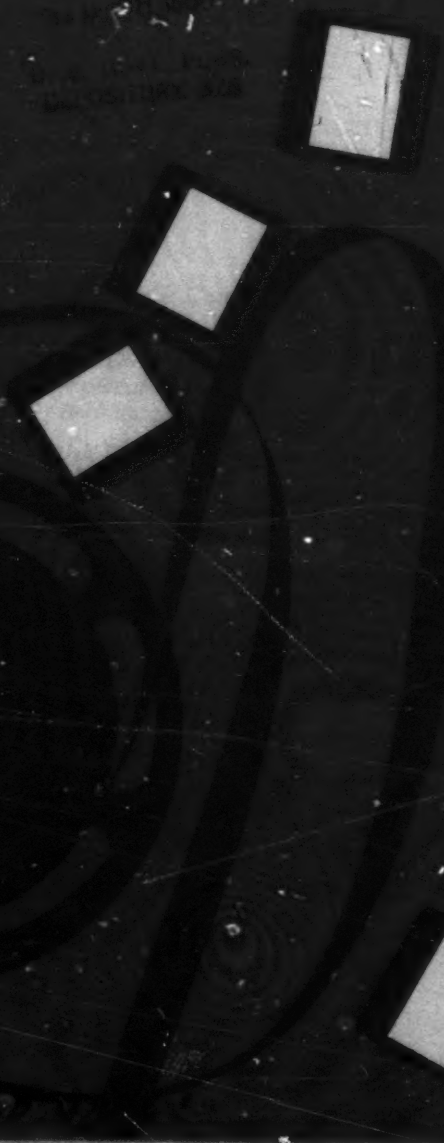
C16/996

FDA Information for Consumers

A Catalog of Food and Drug Administration Publications, Radio Shows, and Films



CONTENTS

Description Of Materials 3

How To Get Materials 3

FDA CONSUMER Magazine 4

Publications

General Information 5

Food

General 7
Additives 8
Hazards & Safety 8
Labeling 9
Vitamins, Minerals, Nutrition 9

Drugs

General 10
Classes 11
Diseases & Conditions 11
Proper Use 12

Medical Devices & Radiation

Medical Devices 13
Radiation 13

Spanish Language Publications 15

Slide Shows & Films 16

Electronic Bulletin Board 17

Alphabetical Listing For All Publications .. 18

Directory Of FDA Consumer Affairs Offices 22

WHEN REQUESTING PUBLICATIONS, BE SURE TO INCLUDE THE TITLE AND PUBLICATION NUMBER.

DESCRIPTION OF MATERIALS

This catalog contains primarily nontechnical materials issued by FDA for the general public. Included are brochures and reprints from FDA CONSUMER magazine, films and slide shows.

Publications

The brochures are usually about the size of this catalog and fold out to from four to ten pages. Reprints are 8 1/2 by 11 inches in size and two to eight pages in length. They are reprinted from various issues of FDA CONSUMER magazine.

Audiovisuals

The films are standard 16mm color sound. The slide shows consist of from 80 to 120 2- by 2-inch color slides together with a narrative on an 8-track cartridge and a printed script. Slide shows are also available with narratives on tapes that fit ordinary cassette recorders with cues to allow slides to be advanced manually.

Those listed with a title number may be purchased from the National Audiovisual Center, Washington, D.C. 20409. The telephone number is: (301) 763-1896.

HOW TO GET MATERIALS

Most publications and audiovisual materials are available from FDA's consumer affairs offices located in various cities around the U.S. and in Puerto Rico. To locate the office nearest you, consult the directory on page 22.

If you are only interested in *publications* and an FDA office is not convenient to you, write or call the agency's Office of Consumer Communications located near Washington, D.C., phone (301) 443-3170. To write for information, send a *post card* to: *FDA, HFE-88*
5600 Fishers Lane
Rockville, MD 20857

Publications listed in this catalog are available free of charge. You can order up to 100 copies of any six publications, or single copies of any 12 publications. Mail all orders to the address shown above or to the FDA consumer affairs office that serves your area (see "Directory of FDA Consumer Affairs Offices" found on page 22).

WHEN REQUESTING PUBLICATIONS, BE SURE TO INCLUDE THE TITLE AND PUBLICATION NUMBER.

Post card requests receive priority handling because they do not have to be opened.

All audiovisual materials, including those offered for sale by the National Audiovisual Center, are available on loan from the local FDA consumer affairs offices.

FDA CONSUMER MAGAZINE

FDA publishes a magazine called FDA CONSUMER that contains information about foods, vitamins, prescription and over-the-counter medicines, vaccines, cosmetics, medical equipment and devices, and radiation.

All of the reprints of this catalog were originally published in this magazine. It is issued monthly except for combined issues in July/August and December/January, a total of 10 issues a year.

If you would like to keep up-to-date on vital food and drug issues, you can subscribe by using the subscription form in the back of this catalog.

PUBLICATIONS

GENERAL INFORMATION	PUB. NO.
The U.S. Food And Drug Law: How It Came, How It Works. Reprint. 8 pages (pp).	79-1054
Cellulite: Hard To Budge Pudge. Reprint. 4 pp.	80-1078
The Voice Of The Quack. (How to spot ads for bogus products and cures.) Reprint. 2 pp.	80-1082
Balding Is Forever, Experts Say. Reprint. 2 pp.	81-1083
All About Cooties And Such Critters. (Lice and other body parasites.) Reprint. 4 pp.	81-3118
Dennis The Menace Takes A Poke At Poison. (A comic book especially for young children.) 16 pp.	81-7005
Genetic Counseling: Learning What To Expect. Reprint. 4 pp.	81-9006
About Body Wraps, Pills And Other Magic Wands For Losing Weight. Reprint. 2 pp.	83-1096
The Poison Safety Game! (A question and answer game designed for children.) Reprint. 4 pp.	83-1099
Relief In Tamper-Resistant Packages. Reprint. 4 pp.	83-1100
Hair Analysis? May As Well Be Bald. (An article on fraudulent hair analysis techniques.) Reprint. 2 pp.	83-1101
What The Experts Know About AIDS. Reprint. 4 pp.	83-1104
Food Fit For A Fido. (Pet food.) Reprint. 2 pp.	83-2174
Diet Books Sell Well, But. . . (A review of some of the popular diets and advice on dieting.) Reprint. 4 pp.	84-1093
Questions Of Substance(s) Concern Cosmetic Users. Reprint. 2 pp.	84-1110

PUBLICATIONS	PUB. NO.
The Colon Goes Up, Over, Down And Out. Reprint. 8 pp.	84-1111
When Digestive Juices Corrode, You've Got An Ulcer. Reprint. 4 pp.	84-1113
The Latest Caffeine Scorecard. Reprint. 4 pp.	84-2184
Back Pain: Ubiquitous, Controversial. Reprint. 4 pp.	84-3147
Milestones In U.S. Food And Drug Law History. (A list of important dates and events in U.S. Food and Drug law.) Flyer. 4 pp.	85-1063
How To Take Weight Off (And Keep It Off) Without Getting Ripped Off. (Warnings against using fad diets to lose weight.) Reprint. 4 pp.	85-1116
On Yeast Infections And Other Female Irritations. (Things women can do to help prevent common female infections.) Reprint. 4 pp.	85-1121
Speaking Up About FDA Regulations. (Ways to let FDA know how you feel about its proposals to make or change regulations.) Reprint. 4 pp.	85-1122
The Flaw In Cytotoxic Testing: There's No Proof It Works. Reprint. 4 pp.	85-2203
The Dental Plaque Battle Is Endless But Worth It. Reprint. 4 pp.	85-3148
Riding The Coattails Of Homeopathy's Revival. Reprint. 4 pp.	85-3150
Critiquing Quack Ads. Reprint. 4 pp.	85-4196
When The Spine Curves. Reprint. 4 pp.	85-4198
Quackery. . . The Billion Dollar Miracle Business. (Information on do-nothing products that Americans spend billions of dollars a year on.) An 8-panel brochure.	85-4200

PUBLICATIONS	PUB. NO.
FOOD — GENERAL	
Sugar: How Sweet It Is And Isn't. Reprint. 4 pp.	80-2127
On Being Too Rich, Too Thin, Too Cholesterol Laden. Reprint. 4 pp.	81-1087
Primer On Three Nutrients— Proteins, Carbohydrates And Fats. Reprint. 4 pp.	81-2026
There's Something To Be Said For Never Saying, "Please Pass The Meat." (Facts about vegetarian diets.) Reprint. 2 pp.	81-2144
Iodine: Going From Hypo To Hyper. (Importance and sources of iodine in the diet.) Reprint. 4 pp.	81-2153
Sodium. Facts For Older Citizens. (Similar to Pub. 84-3002.) Booklet. 12 pp.	83-2169
Potassium: Keeping A Delicate Balance. Reprint. 4 pp.	83-2170
The Confusing World of Health Foods. Reprint. 4 pp.	84-2108
A Word About Low-Sodium Diets. A 6-panel brochure.	84-2179
Hunger Is More Than An Empty Stomach. Reprint. 4 pp.	84-2182
Do Yourself A Flavor. Reprint. 4 pp.	84-2192
Sodium: Think About It. (The main sources of sodium in the diet and what can be done to reduce its intake.) An 8-panel brochure.	84-3002
Diet And The Elderly. Reprint. 4 pp.	85-2201
Rethinking The Need For Food Standards. Reprint. 4 pp.	85-2202
Low-Sodium Menus Pass School Tests. Reprint. 4 pp.	85-2204

PUBLICATIONS	PUB. NO.
Sweetness Minus Calories = Controversy. Reprint. 4 pp.	85-2205
No Matter How You Shake It, Out Comes The Sodium. Poster.	85-2207
FOOD — ADDITIVES	
Here Are Some Questions And Answers About Commonly Used Meat And Food Additives. A 4-panel flyer.	80-2122
Yesterday's Additives = Generally Safe. Reprint. 2 pp.	81-2147
More Than You Ever Thought You Would Know About Food Additives. Reprint. 4 pp.	82-2160
Sulfites: Preservatives That Can Go Wrong. Reprint. 1 page.	83-2178
Food Preservotives: A Fresh Report. Reprint. 4 pp.	84-2194
FOOD — HAZARDS & SAFETY	
Can Your Kitchen Pass The Food Storage Test? Reprint. 8 pp.	74-2052
Danger Lurks Among The Molds. (Care in use of foods that may be spoiled by mold.) Reprint. 4 pp.	81-2143
Alcohol And Your Unborn Baby. Booklet. 16 pp.	81-2155
Who, Why, When And Where Of Food Poisons (And What To Do About Them). Reprint. 4 pp.	82-2167
Herbs Are Often More Toxic Than Magical. Reprint. 8 pp.	84-1112
Irradiation Proposed To Treat Food. Reprint. 4 pp.	84-2195
Food And Drug Interactions. (How certain foods can interfere with proper action of drugs.) Reprint. 4 pp.	84-3070

PUBLICATIONS	PUB. NO.
For Oyster And Clam Lovers, The Water Must Be Clean. Reprint. 8 pp.	85-2200
Fiber: Something Healthy To Chew On. (Explains the importance of fiber in the diet.) Reprint. 4 pp.	85-2206
FOOD — LABELING	
That Lite Stuff. (Diet and low-calorie foods.) Reprint. 2 pp.	82-2166
On Making Food Labels Truthful. Reprint. 4 pp.	84-2181
A Consumer's Guide To Food Labels. Reprint. 4 pp.	85-2083
RDAs: Key To Nutrition. Reprint. 2 pp.	85-2168
FOOD — VITAMINS, MINERALS, NUTRITION	
A Primer On Dietary Minerals. Reprint. 4 pp.	77-2070
Some Facts And Myths Of Vitamins. Reprint. 4 pp.	79-2117
A Compendium On Fats. Reprint. 4 pp.	83-2171
What About Nutrients In Fast Foods. Reprint. 4 pp.	83-2172
Tracking Trace Minerals. Reprint. 8 pp.	83-2176
Vitamin E—Miracle Or Myth? Reprint. 2 pp.	84-2011
What About Vitamin C? Reprint. 4 pp.	84-2015
Water: The Number One Nutrient. Reprint. 2 pp.	84-2180
All About Eating For Two. (Diet advice for pregnant women.) Reprint. 4 pp.	84-2183
Bee Pollen As A Health Food. Reprint. 2 pp.	84-2193

PUBLICATIONS	PUB. NO.
A Nutrition Mileage Guide. Reprint. 4 pp.	84-2196
Please Pass That Woman Some More Calcium And Iron. Reprint. 4 pp.	85-2198
DRUGS—GENERAL	
The Common Cold: Relief But No Cure. Reprint. 8 pp.	77-3029
A Primer On Medicines. (Some basic facts about drugs and medications.) Reprint. 4 pp.	80-3079
On Making It Through The Night. (Insomnia and sleep aids.) Reprint. 4 pp.	80-3095
Assessing Childbirth Drugs. Reprint. 1 page.	80-3101
A Primer On New Drug Development. Reprint. 4 pp.	81-3021
Hemorrhoid Treatments Reviewed. Reprint. 4 pp.	81-3108
Estrogens: Another Riddle For Middle Age. Reprint. 4 pp.	81-3114
Doing Something About Menstrual Discomforts. Reprint. 4 pp.	83-3135
Medicine And The Elderly. (Special things older citizens should know about taking medicines.) Reprint. 2 pp.	83-3138
Osteoporosis, Calcium And Estrogens. (An explanation of the link between osteoporosis, calcium and estrogens for women over 55.) Reprint. 4 pp.	85-1117
Comparing Contraceptives. (A guide to contraceptives and their various benefits and risks.) Reprint. 8 pp.	85-1123

PUBLICATIONS	PUB. NO.
DRUGS—CLASSES	
Generic Drugs: How Good Are They? Reprint. 4 pp.	80-3068
Antibiotics—Oft Gone Astray. (Misuse and overuse of antibiotics.) Reprint. 4 pp.	81-3113
Antihistamines Wear Many Therapeutic Hats. (The varied uses of antihistaminic drugs.) Reprint. 4 pp.	81-3121
Aspirin Vs. Acetaminophen. Reprint. 4 pp.	83-3130
Vaccines: Precious Ounces Of Prevention. Reprint. 4 pp.	83-3134
Here Are Some Things You Should Know About Prescription Drugs. Reprint. 4 pp.	84-3124
DRUGS—DISEASES & CONDITIONS	
Keeping An Eye On Glaucoma. Reprint. 4 pp.	80-3105
Stubborn And Vexing, That's Acne. Reprint. 4 pp.	82-3107
Flu/Cold—Never The Strain Shall Meet. (Influenza viruses and treatments.) Reprint. 4 pp.	83-1103
Infertility, And How It's Treated. Reprint. 8 pp.	83-3136
Using Drugs To Lift The Dark Veil Of Depression. (Antidepressant drugs.) Reprint. 4 pp.	84-3140
For Treating Arthritis, Start With Aspirin. (Aspirin and other drugs used to treat arthritis.) Reprint. 4 pp.	84-3145
Hocus-Pocus As Applied To Arthritis. Reprint. 8 pp.	85-1080
Asthma Is All In The Head/Chest. (Defines what asthma is and how it is treated.) Reprint. 4 pp.	85-1118

PUBLICATIONS	PUB. NO.
Whooping Cough Still Threatens U.S. Children. Reprint. 4 pp.	85-1120
Herpes: Drug Eases Symptoms, But Still No Cure. Reprint. 4 pp.	85-3151
Laxatives Overused In The Quest For 'Regularity.' (A proposed list of safe and effective ingredients for OTC laxatives.) Reprint 4 pp.	85-3152
DRUGS—PROPER USE	
Drugs And Pregnancy. Reprint. 4 pp.	80-3083
Does Your Medicine Cabinet Need First Aid? (Discussion of first aid items you should have on hand.) Reprint. 2 pp.	82-3123
Doctors, Patients Don't Communicate. (A review of surveys of health professionals and patients.) Reprint. 2 pp.	83-1102
Need Drug Info? You Could Look It Up. (A review of popular books available about drugs.) Reprint. 4 pp.	83-3128
Why People Don't Take Medicines Properly. Reprint. 2 pp.	83-3131
Go Ahead, Ask Your Doctor Or Pharmacist. (Questions you should ask about taking medications.) A 4-panel brochure.	83-3133
How To Talk To (And Listen To) Your Pharmacist. (The kinds of things you should discuss about your medications.) Reprint. 4 pp.	84-3141
On Minimizing The Risks Of Drugs. (Questions and answers on the risk and benefits of using drugs.) Reprint. 4 pp.	84-3144

PUBLICATIONS	PUB. NO.
MEDICAL DEVICES & RADIATION	
Medical Devices	
Facts About Hearing And Hearing Aids. (A booklet published jointly with the U.S. Department of Commerce, National Bureau of Standards.) 32 pp.	79-4016
Tuning In On Hearing Aids. Reprint. 4 pp.	80-4024
Cardiac Pacemakers: Keeping Up The Beat. Reprint. 4 pp.	81-4026
EMS: Fraudulent Flab Remover. (Electrical muscle stimulators.) Reprint. 4 pp.	83-4166
The Surgeon's Newest Scalpel Is A Laser. Reprint. 4 pp.	83-8200
The Unknowns Of Ultrasound. Reprint. 4 pp.	83-8201
The Big Quack Attack: Medical Devices. (Quackery and fraudulent products.) Booklet. 23 pp.	84-4022
The ABCs Of Contact Lenses. Reprint. 2 pp.	85-4021
Toxic Shock Syndrome & Tampons. A 6-panel brochure.	85-4169
Toxic Shock Syndrome & Tampons. Poster.	85-4192
Radiation	
Pregnant?. . . or think you might be. . . tell your doctor before having an X-ray or prescription. (A table-top stand-alone 8.5- by 11-inch poster.)	78-1045E
Pregnant? or think you might be. . . (A 17- by 21-inch *wall poster.* WHEN ORDERING THIS ITEM SPECIFY THAT IT IS A WALL POSTER.)	78-1045-P

PUBLICATIONS	PUB. NO.
Seeking The Safest X-ray Picture. (What can be done to minimize risks associated with having X-rays.) Reprint. 4 pp.	79-8091
Primer On Radiation. (A summary of basic facts about X-rays and other forms of radiation.) Reprint. 8 pp.	79-8099
X-ray Record Card. (A 2.5- x 4-inch wallet card with blanks for recording medical information.)	80-8024
X-rays: Get The Picture On Protection. A 6-panel brochure.	80-8088
Get The Picture On . . . Dental X-rays. A 10-panel brochure.	80-8111
A Careful Look Into Tanning Booths. (Safety of tanning equipment and facilities.) Reprint. 4 pp.	81-8149
Tanning Beds Are Not Without Drawbacks. Reprint. 2 pp.	84-8228

PUBLICACIONES OBTENIBLES EN ESPAÑOL	PUB. NO.
Embarazada? o cree que puede estarlo. . . Consulte con su médico antes de someterse a radiografías o de tomar medicinas. (Cartel pequeño para mesa, de 8.5 x 11 pulgadas.)	78-1045S-(E)
Embarazada? o cree que puede estarlo. . . (Cartel para la pared de 17 x 21 pulgadas. ANTES DE ORDERNAR ASEGURESE CUAL DE LOS DOS TAMAÑOS LE ES MAS CONVENIENTE.)	78-1045S-(P)
Algunos Hechos y Mitos acerca de las Vitaminas. Explica lo que son las vitaminas, cómo trabajan y examina algunas creencias incorrectas acerca de ellas.	79-2117S
Enfermedades Producidas por los Alimentos Contaminados. Cómo proteger a su familia contra la intoxicación por alimentos.	80-2044S
Cartilla de Medicinas. Algunos hechos acerca de las medicinas. Cuando y cómo hacer uso de ellas.	80-3079S
El Sodio. . . Piénselo Bien. Las principales fuentes de sodio en la dieta y cómo controlar su uso.	84-2164S

SLIDE SHOWS & FILMS

Before The Baby. Slide show. Advice for pregnant women on foods, new drugs, X-rays and how to help assure the health of the new baby. 10 minutes. Title No. A11781. $65.00.

Good Sense About Sodium. Slide show. Possible links between salt and high blood pressure and suggestions on how to cut down on your intake of sodium. 3 minutes. Also available in SPANISH.

Have You Heard . . . ? Slide show. Encourages consumers to be active participants in their own health care by learning to ask the right questions and protecting themselves under the law. Hearing aid devices are explained also. 10 minutes. Title No A12909. $85.00.

How Safe Is Safe? Slide show. Explains FDA's role in ensuring the wholesomeness of animal-derived human foods, such as meat, eggs, and milk. 12 minutes.

The Big Quack Attack. Slide show. Fraudulent medical devices, signs to look for in ads for quack products, and what to do about them. 15 minutes. Title No. A02593. $80.00. Also available in SPANISH.

The Consumer Sting. Slide show. Information required on labels and how this information encourages better buying decisions. 10 minutes. Title No. 004181. $50.00.

What About Food Additives. Slide show. Today's concerns about additives, FDA's regulatory role, and consumers' responsibilities. 14 minutes. Title No. A00936. $50.00.

Winning At Losing. Slide show. Alerts the public about fraudulent diet products and certain characteristics of fad diets. The program also gives basic advice on good nutrition. 10 minutes. Title No. A13076. $65.00.

[NOTE: Page 3 provides a description of audiovisuals, as well as the address and phone number for items listed with Title No.'s]

ELECTRONIC BULLETIN BOARD

FDA's press office offers agency press releases (in both English and Spanish), the *Enforcement Report's* listing of recalls and legal activities, drug and device approval lists, indexes of articles published in the *FDA Consumer* and *FDA Drug Bulletin, Federal Register* summaries, and other news to the public via an "electronic bulletin board."

This system enables the public, for a fee, to access the most up-to-date FDA news through communicating word processors such as IBM, Lanier, Lexitron, Wang, Xerox, and Digital or any type of computer system, including those designed for home use by Apple, Atari, Commodore, Texas Instruments and Radio Shack. The system uses services provided by ITT-Dialcom Inc., a computer firm headquartered in Silver Spring, Md. Users of FDA's electronic bulletin board must be subscribers to the ITT-Dialcom service.

The bulletin board offers current information, and users are assured the convenience of receiving full texts of announcements the moment they are released.

Upon calling up the bulletin board, users are given directions on how to use the system and explanations are provided about the documents offered. They can scan for items of interest, or search a certain document using special key words. Persons with units having memory or printing capabilities can store the information and print hard copy.

Persons wishing to obtain more information about the bulletin board and the information offered should contact Carolyn Laubach, FDA Press Office, HFI-20, Rockville, Md. 20857, telephone (301) 443-3285.

Persons wishing to subscribe to the bulletin board or other services offered by ITT-Dialcom Inc. should contact Dialcom representative Linda Reid, Suite 307W, 600 Maryland Ave., S.W., Washington, D.C. 20024, telephone (202) 488-0500.

Items Available Through Bulletin Board

- News releases (in English and Spanish)
- Enforcement Report
- Medical device approval list
- Drug Bulletin articles
- Drug Approval list
- FDA Consumer magazine index and selected articles
- FDA Federal Register summaries
- Summaries of FDA information
- Speeches by FDA officials
- Congressional testimony by FDA officials

ALPHABETICAL LISTING FOR ALL PUBLICATIONS

Name of Article	Page No.
About Body Wraps, Pills And Other Magic Wands For Losing Weight	5
A Careful Look Into Tanning Booths	14
A Compendium On Fats	9
A Consumer's Guide To Food Labels	9
A Nutrition Mileage Guide	10
A Primer On Dietary Minerals	9
A Primer On Medicines	10
A Primer On New Drug Development	10
A Word About Low-Sodium Diets	7
Alcohol And Your Unborn Baby	8
All About Cooties And Such Critters	5
All About Eating For Two	9
Antibiotics—Oft Gone Astray	11
Antihistamines Wear Many Therapeutic Hats	11
Aspirin Vs. Acetaminophen	11
Asthma Is All In The Head/Chest	11
Assessing Childbirth Drugs	10

Back Pain: Ubiquitous, Controversial 6
Balding Is Forever, Experts Say 5
Bee Pollen As A Health Food 9

Can Your Kitchen Pass The Food Storage Test? 8
Cardiac Pacemakers: Keeping Up The Beat 13
Cellulite: Hard To Budge Pudge 5
Comparing Contraceptives 10
Critiquing Quack Ads 6

Danger Lurks Among The Molds 8
Dennis The Menace Takes A Poke At Poison 5
Diet And The Elderly 7
Diet Books Sell Well, But 5
Doctors, Patients Don't Communicate 12
Do Yourself A Flavor 7
Does Your Medicine Cabinet Need First Aid? 12
Doing Something About Menstrual Discomforts 10
Drugs And Pregnancy 12

EMS: Fraudulent Flab Remover 13
Estrogens: Another Riddle For Middle Age. 10

Facts About Hearing And Hearing Aids ... 13
Fiber: Something Healthy To Chew On 11
Flu/Cold—Never The Strain Shall Meet 8
Food And Drug Interactions 8
Food Fit For A Fido 5
Food Preservatives: A Fresh Report 8
For Oyster And Clam Lovers, The Water Must Be Clean 11
For Treating Arthritis, Start With Aspirin .. 11

Generic Drugs: How Good Are They? 11
Genetic Counseling: Learning What To Expect 14
Get The Picture On . . . Dental X-rays 12
Go Ahead, Ask Your Doctor Or Pharmacist 12

Hair Analysis? May As Well Be Bald 10
Hemorrhoid Treatments Reviewed 8
Herbs Are Often More Toxic Than Magical . 8

Here Are Some Questions And Answers About Commonly Used Meat And Food Additives 8
Here Are Some Things You Should Know About Prescription Drugs 11
How To Take Weight Off (And Keep It Off) Without Getting Ripped Off 6
Hocus-Pocus As Applied To Arthritis..... 11
Herpes: Drug Eases Symptoms, But Still No Cure 12
How To Talk To (And Listen To) Your Pharmacist..... 12
Hunger Is More Than An Empty Stomach .. 7

Infertility, And How It's Treated 11
Iodine: Going From Hypo To Hyper..... 7
Irradiation Proposed To Treat Food 8

Keeping An Eye On Glaucoma..... 11

Laxatives Overused In The Quest For 'Regularity' 12
Low-Sodium Menus Pass School Tests 7

Medicine And The Elderly..... 10
Milestones In U.S. Food And Drug Law History 6
More Than You Ever Thought You Would Know About Food Additives 8

Need Drug Info? You Could Look It Up 12
No Matter How You Shake It, Out Comes The Sodium (Poster) 8

On Being Too Rich, Too Thin, Too Cholesterol Laden 7
On Making Food Labels Truthful 9
On Making It Through The Night 10
On Minimizing The Risks Of Drugs..... 12
On Yeast Infections And Other Female Irritations..... 6
Osteoporosis, Calcium And Estrogens 10

Please Pass That Woman Some More Calcium And Iron..... 10
Potassium: Keeping A Delicate Balance..... 7
Pregnant?. . .or think you might be. . .tell your doctor before having an X-ray or prescription. [A table-top, stand-alone poster.] 13

Primer On Radiation 14
Primer On Three Nutrients—Proteins, Carbohydrates And Fats 7

Quackery . . . The Billion Dollar Miracle Business 6
Questions Of Substance(s) Concern Cosmetic Users 5

RDAs: Key To Nutrition 9
Relief In Tamper-Resistant Packages 5
Rethinking The Need For Food Standards ... 7
Riding The Coattails Of Homeopathy's Revival 6

Seeking The Safest X-ray Picture 14
Speaking Up About FDA Regulations 6
Sodium. Facts For Older Citizens 7
Sodium: Think About It 7
Some Facts And Myths Of Vitamins 9
Stubborn And Vexing, That's Acne 11
Sugar: How Sweet It Is And Isn't 7
Sulfites: Preservatives That Can Go Wrong .. 8
Sweetness Minus Calories = Controversy ... 8

Tanning Beds Are Not Without Drawbacks .. 14
That Lite Stuff 9
The ABCs Of Contact Lenses 13
The Big Quack Attack: Medical Devices 13
The Colon Goes Up, Over, Down And Out .. 6
The Common Cold: Relief But No Cure 10
The Confusing World Of Health Foods 7
The Dental Plaque Battle Is Endless But Worth It 6
The Flaw In Cytotoxic Testing: There's No Proof It Works 6
The Latest Caffeine Scorecard 6
The Poison Safety Game! 5
The Surgeon's Newest Scalpel Is A Laser ... 13
The Unknowns Of Ultrasound 13
The U.S. Food And Drug Law: How It Came, How It Works 5
The Voice Of The Quack 5
There's Something To Be Said For Never Saying, "Please Pass The Meat" 7
Toxic Shock Syndrome & Tampons 13
Toxic Shock Syndrome & Tampons (Poster) 13
Tracking Trace Minerals 9
Tuning In On Hearing Aids 13

Using Drugs To Lift The Dark Veil Of Depression 11

Vaccines: Precious Ounces Of Prevention . 11
Vitamin E—Miracle Or Myth? 9

Water: The Number One Nutrient 9
What About Nutrients In Fast Foods 9
What About Vitamin C? 9
What The Experts Know About AIDS 5
When Digestive Juices Corrode, You've Got An Ulcer 6
When The Spine Curves 6
Who, Why, When And Where Of Food Poisons 8
Whooping Cough Still Threatens U.S. Children 12
Why People Don't Take Medicines Properly 12

X-ray Record Card 14
X-rays: Get The Picture On Protection 14

Yesterday's Additives = Generally Safe ... 8

HEALTH AND HUMAN SERVICES
FOOD AND DRUG ADMINISTRATION
CONSUMER AFFAIRS OFFICES

Call or write the consumer affairs office located nearest you.

Region I
FDA (HFR-1145)
585 Commercial Street
Boston, Massachusetts 02109
617-223-5857

Region II
FDA (HFR-2145)
850 Third Avenue
Brooklyn, New York 11232
212-965-5043

FDA (HFR-2245)
599 Delaware Avenue
Buffalo, New York 14202
716-846-4483

FDA (HFR-2345)
20 Evergreen Place
East Orange, New Jersey 07018
201-645-3265, or 201-645-6365

FDA (HFR-2420)
P.O. Box S4427
Old San Juan Station
San Juan, Puerto Rico 00905
809-753-4264

Region III
FDA (HFR-3145)
Room 900 U.S. Customhouse
2nd and Chestnut Streets
Philadelphia, Pennsylvania 19106
215-597-0837

FDA (HFR-3245)
900 Madison Avenue
Baltimore, Maryland 21201
301-962-3731

FDA (HFR-3535)
1000 N. Glebe Road, Room 743
Arlington, Virginia 22201
703-285-2578

Region IV
FDA (HFR-4120)
1182 W. Peachtree Street, N.W.
Atlanta, Georgia 30309
404-881-7355

FDA (HFR-4220)
7200 Lake Ellenor Drive
Suite 120
Orlando, Florida 32802
305-855-0900

FDA (HFR-4320)
297 Plus Park Boulevard
Nashville, Tennessee 37217
615-251-7127

FDA (HFR-4575)
6501 N.W. 36th Street, Suite 200
Miami, Florida 33166
305-526-2919

Region V
FDA (HFR-5120)
433 West Van Buren Street
1222 Main Post Office Building
Chicago, Illinois 60607
312-353-7126

FDA (HFR-5245)
1141 Central Parkway
Cincinnati, Ohio 45202
513-684-3501

FDA (HFR-5525)
601 Rockwell Avenue
Room 463
Cleveland, Ohio 44114
216-522-4844

FDA (HFR-5345)
1560 East Jefferson Avenue
Detroit, Michigan 48207
313-226-6260

FDA (HFR-5560)
575 North Pennsylvania
Room 693
Indianapolis, Indiana 46204
317-269-6500

FDA (HFR-5445)
240 Hennepin Avenue
Minneapolis, Minnesota 55401
612-725-2121

Region VI
FDA (HFR-6145)
1200 Main Tower Building
Room 15-45
Dallas, Texas 75202
214-767-5433

FDA (HFR-6245)
4298 Elysian Fields Avenue
New Orleans, Louisiana 70122
504-589-2420

FDA (HFR-6345)
Houston Station
1440 N. Loop, Suite 250
Houston, Texas 77009
713-229-3533

FDA (HFR-6540)
727 East Durango, Room B-406
San Antonio, Texas 78206
512-229-6737

Region VII
FDA (HFR-7145)
1009 Cherry Street
Kansas City, Missouri 64106
816-374-3817

FDA (HFR-7245)
Laclede's Landing
808 North Collins Street
St. Louis, Missouri 63102
314-425-5021

FDA (HFR-7515)
200 South 16th Street, Suite 430
Brandeis Building
Omaha, Nebraska 68102
402-221-4675

Region VIII
FDA (HFR-8145)
500 U.S Customhouse
19th and California Streets
Denver, Colorado 80202
303-837-4915

Region IX
FDA (HFR-9145)
50 United Nations Plaza
Room 524
San Francisco, California 94102
415-556-2062

FDA (HFR-9245)
1521 W. Pico Boulevard
Los Angeles, California 90015
213-688-4395

Region X
FDA (HFR-0145)
909 First Avenue
Federal Office Building
Room 5009
Seattle, Washington 98174
206-442-5265, or 206-442-5258

SUBSCRIPTION ORDER OR CHANGE OF ADDRESS FORM

☐ YES! Please enter my one-year subscription to FDA Consumer (10 issues)

☐ $17.00/year U.S.A. $21.25/year foreign
(make check payable to Superintendent of Documents)

Charge my ☐ VISA ☐ MASTERCARD ☐ Account No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Signature _____ Credit Card Exp. Date ☐☐☐☐

or charge my GPO Deposit Account No. ☐☐☐☐☐☐–☐

PLEASE PRINT OR TYPE

Company or personal name

Additional address/attention line

Street address

City State ZIP Code

(or Country)

Please attach mailing label here and send this form in when requesting change of address

Mail To:
SUPERINTENDENT OF DOCUMENTS

Government Printing Office
Washington, D.C. 20402